



## ABSTRAK

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**Eko Guspriadi**

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

### **EFEKTIFITAS PENAMBAHAN *CORE STABILITY EXERCISE* PADA *WOBBLE BOARD EXERCISE* TERHADAP AKURASI TENDANGAN PENALTI PADA PEMAIN FUTSAL**

Terdiri dari VI Bab, 114 Halaman, 22 Tabel, 10 Gambar, 5 Grafik, 4 Skema, Lampiran

**Tujuan:** untuk mengetahui perbedaan efektifitas pemberian *Wobble Board Exercise* dengan *Core Stability Exercise* dan *Wobble Board Exercise* terhadap akurasi tendangan penalty pada pemain futsal. **Metode:** penelitian ini bersifat *quasi experiment* dengan *pre test-post test design control group*, dimana akurasi tendangan penalty diukur menggunakan *AAHPERD Football test. Forward Pass for Accuracy*. Sample terdiri dari 24 orang mahasiswa Universitas Esa Unggul dengan membagikan kuesioner. Sample dikelompokkan menjadi 2 kelompok, kelompok Perlakuan I terdiri dari 12 orang sample dengan latihan yang diberikan adalah *Wobble Board Exercise* dan kelompok perlakuan II terdiri dari 12 sample dengan latihan yang diberikan adalah *Core Stability Exercise* dan *Wobble Board Exercise*. **Hasil:** uji normalitas dengan *shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *levens test* didapatkan data memiliki varian homogen. Hasil uji hipotesa pada kelompok Perlakuan I dengan *Paired Sample t-Test*, didapatkan nilai  $p=0,000$  yang berarti latihan *Wobble Board Exercise* efektif meningkatkan akurasi tendangan penalty dan stabilitas statik pada pemain futsal. Pada kelompok perlakuan II dengan *Paired Sampel t-Test*, didapatkan nilai  $p=0,000$  yang berarti *Core Stability Exercise* efektif meningkatkan akurasi tendangan penalty dan stabilitas statik pada pemain futsal. Pada hasil *Independent Sample t-Test* menunjukkan nilai 0,001 yang berarti Penambahan *Core Stability Exercise* pada *Wobble Board Exercise* mempunyai efek yang signifikan terhadap peningkatan akurasi tendangan penalty dan pada pemain futsal. **Kesimpulan:** Ada perbedaan efektifitas yang signifikan antara *Wobble Board Exercise* dengan penambahan *Core Stability Exercise* pada *Wobble Board Exercise* terhadap peningkatan akurasi tendangan penalty pada pemain futsal.

Kata Kunci : *Wobble Board Exercise, Core Stability Exercise, Akurasi tendangan penalty, pemain futsal.*



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**Eko Guspriadi**

Study Program S-1 Physiotherapy

Faculty of Physiotherapy

Esa Unggul University

### **THE EFFECTIVENESS OF THE ADDITION OF CORE STABILITY EXERCISE ON A WOBBLE BOARD EXERCISE FOR THE ACCURACY PENALTY FUTSAL PLAYERS**

VI Bab, 114 Page, 22 Table, 10 Picture, 5 Graph, 4 Scheme, Enclosure

**Objective:** To determine differences in effectiveness of Wobble Board with Core Stability and Wobble Board Exercise as to the accuracy penalty kick in futsal players. **Methods:** This study is a quasi experiment with pretest-posttest control group design, in which accuracy is measured using a penalty kick Football AAHPERD test. Forward Pass for Accuracy. Sample consisted of 24 students who Esa Unggul University by distributing questionnaires. Sample grouped into two groups, the first treatment group consisted of 12 samples with the training provided is Wobble Board Exercise and the treatment group II consisted of 12 samples with the training provided is Core Stability and Wobble Board Exercise. **Results:** Shapiro Wilk normality test test normal distribution of data obtained while the homogeneity test with levene's test data obtained has a homogeneous variant. The results of hypothesis testing in the treatment group I with Paired Sample t-Test, p value = 0.000 which means the effective exercise Wobble Board Exercise improves accuracy penalty kick and static stability in futsal players. In the treatment group II Paired samples t-test, p value = 0.000 which means Core Stability Exercise effectively improve the accuracy penalty kick and static stability in futsal player. On the results of the Independent Sample t-Test showed a value of 0.001 which means the addition of Core Stability Exercise on Wobble Board Exercise has a significant effect on the increased accuracy penalty kick in futsal players. **Conclusions:** Any difference effectiveness significant between Wobble Board Exercise with addition of Core Stability Exercise on Wobble Board Exercise about accuracy improvement on futsal player penalty kick.

**Keywords:** *Wobble Board Exercise, Core Stability Exercise, Accuracy penalty, Futsal Player.*